



Chiropractic Services

What is Chiropractic?

Chiropractic focuses on diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, with special emphasis on the spine. It emphasises manual therapy including spinal manipulation and other joint and soft-tissue manipulation, and includes exercises, health and lifestyle counselling.

You can visit our chiropractor without having to see a medical doctor first.

Chiropractors will refer you to another healthcare professional whenever necessary.

Who and what do Chiropractors treat?

Chiropractors' patients include the young, older people, manual workers, office professionals, pregnant women, children, babies and sports people.

Patients seek treatment for a wide variety of conditions, including back pain, neck pain, joint pains, headaches caused by neck problems, and prevention of migraine and conditions arising from sports injury.




Typical conditions include:

- > general acute and chronic back pain (Lumbago)
- > sciatica

Causes include:

- > a slipped (prolapsed) disc
- > spinal stenosis
- > spondylolisthesis
- > mechanical neck pain
- > headaches arising from the neck
- > shoulder complaints including rotator cuff injuries and soft tissue disorders
- > conditions arising from sport injuries
- > muscle spasms and cramp
- > joint pains
- > hip and knee pain from osteoarthritis as an adjunct to core osteoarthritis treatments and exercise
- > generalised aches and pains
- > elbow pain and tennis elbow (lateral epicondylitis)

For more information or to book an appointment:

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